



**GREEN  
CHEF**

## PHILLY-STYLE BEEF & CHEESE STUFFED PEPPERS

*roasted red peppers, balsamic kale salad*

### COOK TIME

25 MIN

### SERVINGS

2

### CALORIES PER SERVING

690

### NET CARBS PER SERVING

19 GRAMS

### MENU

KETO // GLUTEN-FREE // FAST & FIT

What if you could enjoy the flavors of a Philly cheesesteak, minus the hoagie roll and gluten? You don't have to imagine anymore with this meal. Green bell pepper halves are stuffed with a flavorful filling of ground beef, onion, and roasted red peppers. Then they're broiled with Provolone cheese for a luxuriously melty topping. For some crisp texture and a dose of freshness, there's a massaged kale salad with tomato, cabbage, and sliced almonds in a tangy-sweet balsamic vinaigrette.



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

### INGREDIENTS (12 ITEMS)

1 unit **Green bell pepper**  
1 whole **Yellow onion**  
2¾ oz **Green kale**  
1 whole **Roma tomato**  
1¾ oz **Cabbage**  
10 oz **Ground beef\***  
1 tsp **Italian seasoning**  
1 oz **Roasted red peppers**  
3 oz **Seasoned mushroom broth** **T**  
1 oz **Balsamic vinegar**  
2 oz **Provolone cheese** **M**  
½ oz **Sliced almonds** **T**

### WHAT YOU'LL NEED

large sauté pan  
baking sheet  
large bowl  
measuring spoons  
whisk  
oven mitt  
cooking & olive oils  
salt & pepper

### ALLERGENS

**T** TREE NUTS (almonds, coconut)  
**M** MILK

\*Ground beef is fully cooked when it's no longer pink.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 START PREP

- Preheat oven to 425 degrees.
- Halve **green bell pepper\*** lengthwise. Discard seed pod and stem.

*\*The ingredient you received may be a different color.*

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 SEASON & ROAST BELL PEPPER

- Place **bell pepper halves**, cut sides down, on one side of a lightly oiled, foil-lined baking sheet. Drizzle with 1 teaspoon cooking oil. Lightly season with salt and pepper. Rub to coat.
- Roast 10-12 minutes, or until just tender. (You'll finish the stuffed peppers in Step 5.)

## 3 FINISH PREP

- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Remove and discard any thick center stems from **green kale\***. Roughly chop leaves into bite-size pieces.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Roughly chop **cabbage\*** if necessary.

*\*The ingredient you received may be a different color.*

## 4 MAKE FILLING

- Heat 1 teaspoon cooking oil in a large sauté pan over medium-high heat. Add **onion**. Cook 4-5 minutes, or until browned and softened, stirring occasionally. Season with salt and pepper.
- Reduce heat to medium. Add **ground beef**. Season with **Italian seasoning**, ¼ teaspoon salt, and a pinch of pepper. Cook 2-3 minutes, or until browned, breaking up **beef** into pieces.
- Add **roasted red peppers**, **seasoned mushroom broth**, and about 1 tablespoon of the **balsamic vinegar**. Cook 2-3 minutes, or until liquid has mostly cooked off.
- Remove from heat.

## 5 STUFF BELL PEPPER

- Set oven to high broil.
- Flip **bell pepper halves**. (Careful! Baking sheet is hot!) Spoon **beef filling** into each half.\* Sprinkle with **provolone cheese**.
- Return baking sheet to oven. Broil about 30 seconds, until cheese is melted and lightly browned.\*\*

*\*If there's excess filling after stuffing the bell pepper halves, reserve it in the pan for Step 7.*

*\*\*Keep an eye on the stuffed peppers while they broil to prevent burning.*

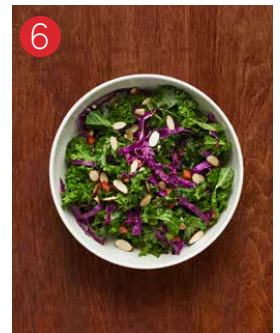
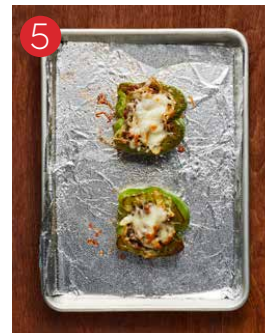
## 6 MAKE VINAIGRETTE & SALAD

- Place remaining **balsamic vinegar** and 1½ tablespoons olive oil in a large bowl.\* Whisk to combine. Season with salt and pepper to taste.
- Add **kale** to bowl with **vinaigrette**. Lightly season with salt. Massage until leaves soften.
- Add **tomato**, **cabbage**, and about half of the **sliced almonds**. Toss to combine.

*\*If the vinaigrette is too tart for your taste, add 1 teaspoon of your preferred sweetener.*

## 7 PLATE YOUR DISH

- Divide any excess **beef filling** between plates. Top with **Philly-style beef and cheese stuffed peppers**. Serve **balsamic kale salad** on the side. Garnish salad with remaining **almonds**. Enjoy!





**Nutrition Facts**

2 Servings per container

**Serving size** (523g)

**Amount per serving**

**Calories** 690

	% Daily Value*
<b>Total Fat</b> 47g	60g
Saturated Fat 16g	80%
Trans Fat 0g	
<b>Cholesterol</b> 115mg	38%
<b>Sodium</b> 1180mg	51%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 7g	25%
Total Sugars 13g	
Includes 1g Added Sugars	2%
<b>Protein</b> 39g	
Vitamin D 0mcg	0%
Calcium 430mg	35%
Iron 6mg	35%
Potassium 691mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**All ingredients in this recipe:**  
**Ground Beef** [beef], **Balsamic Vinegar** [wine vinegar, concentrated grape must], **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Bell Peppers**, **Provolone Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Green Kale**, **Roma Tomatoes**, **Almonds** [almonds], **Red Cabbage**, **Seasoned Mushroom Broth** (Coconut Aminos [organic coconut tree sap, sea salt], Mushroom Broth [water, organic mushrooms, sea salt, organic garlic], Apple Cider Vinegar [apple cider vinegar], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices]), **Roasted Red Peppers** [bell pepper], **Yellow Onion**

**Allergen information:**  
Contains Tree Nuts And Milk

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*